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SMITH SPINS BLUES INTO HOLIDAY CLASSICS

{page 28}



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Weekend, November 10-13, 2011
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News worth sharing.

Home search ongoing in Kirwan case

- Cops scouring rural area, mobile residence
- Arrest made in New Glasgow, but police say it's not related to Kirwan investigation

A mobile home located five kilometres up the Hardwood Hill Road from Lyons Brook continues to be the focus of a police search in relation to the death of Amber Kirwan.

The home, which sits on little more than two acres of land, is located about a kilometre from the end of Heathbell Road where Kirwan's body was discovered last weekend.

Kirwan, 19, went missing Oct. 9 from downtown New Glasgow after she left a local pool hall.

Police would not comment on who lives in the residence or what items they were searching for.

Forensic officers were scouring the home's external property Wednesday afternoon before pulling five vehicles and a command unit into the driveway.

Meanwhile, police are continuing to process a grey Chevrolet Impala that was seized on Monday in connection with the Kirwan investigation.

Also, a man was arrested on Brother Street in New Glasgow on Wednesday.

Stephanie Fanning said she saw three police officers arrest a man she believed to be Chris Falconer.

Police confirmed someone was taken into custody but would not say who that individual was or why.

Falconer, 29, is currently on parole. He was convicted in 1998 of the second-degree murder of a Pictou cab driver, Robert LeBlanc. He got a life sentence, but has been out on full parole since May.

Fanning said she knows Falconer through friends and is "100 per cent positive" he was the person who was arrested around 3 p.m.

But RCMP Const. Bill Rudolph said that as of Wednesday afternoon there was no one in custody in relation to the Kirwan case.

"We do understand there is a high level of interest and we are asking for the public's support and patience," he said. **NEW GLASGOW NEWS**

Grand. Parade



► Michael Argand holds a candle during a ceremony marking the anniversary of Kristallnacht — the Night of Broken Glass — at Grand Parade on Wednesday night. Kristallnacht was a Nazi-incited series of attacks on Jewish homes, shops and synagogues in Germany and Austria Nov. 9-10, 1938.

RYAN TAPLIN/METRO

Commemorating Kristallnacht

How will you choose to remember?

Ceremonies offer
Haligonians a chance
to pay their respects to
soldiers {pages 10-13}

Dalhousie Tigers can't get a break

Defeat at hands of
Huskies extends Dal's
losing streak to six
games {page 42}

Province tables auto reforms

Finance minister hopes
changes won't result in
costlier premiums
{page 3}

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Bowater could gain from NewPage closure

The Bowater Mersey mill would see a 14.4 per cent reduction in its power rate should the NewPage mill remain off the grid next year, documents show.

The reduced load resulting from the closure of NewPage would amount to a savings of \$2 million. Should NewPage remain offline for the entire year, Bowater's rate would decrease from 6.226 cents per

kilowatt hour to 5.332 cents. The numbers are outlined in documents filed by Nova Scotia Power Inc. with the Utility and Review Board.

NSPI says it is required to file an updated load forecast with the board every year. The privately owned utility was at pains to clarify that the timing of the filing had nothing to do with the woes at either pulp and

paper mill, and that it "is not a solution to the complex economic challenges facing the pulp and paper industry in Nova Scotia."

AbitibiBowater, the owner of Bowater Mersey, said power rates were one of three major challenges facing the mill. Bowater and NewPage, which went into "hot idle" mode in August, have filed for a break in power rates with the UARB.

Guess who pays

In the event NewPage were to come back online in 2012, the gap between NSPI's load estimate and the actual load would be carried by ratepayers in 2013.

NSPI opposed that application by its two largest customers.

But Premier Darrell Dexter said the government's focus is getting the NewPage plant back up and running.

"We realize that NSPI is required to make these kinds of recalculations of costs ... but obviously we're investing money in keeping that asset whole so it can be sold and get back up and operating," Dexter said yesterday. **ALEX BOUTILIER**

Auto-insurance reforms rolling in

- Public option off the table for now
- Opposition warns costs could rise



ALEX BOUTILIER
@METRONWS.CA

Automobile insurance is about to get a massive overhaul.

Finance Minister Graham Steele unveiled a set of reforms yesterday.

Under the proposed measures, drivers would no longer be penalized with higher premiums if they pay for collision damages themselves. "Section B" benefits — no-fault benefits including medical and rehabilitation expenses, loss of income and death insurance — will be drastically increased.

The reforms also will change the way drivers who aren't at fault in a collision apply for compensation. Currently, motorists must apply through the at-fault driver's insurance. But under the proposed "direct compensation for property

Learn more

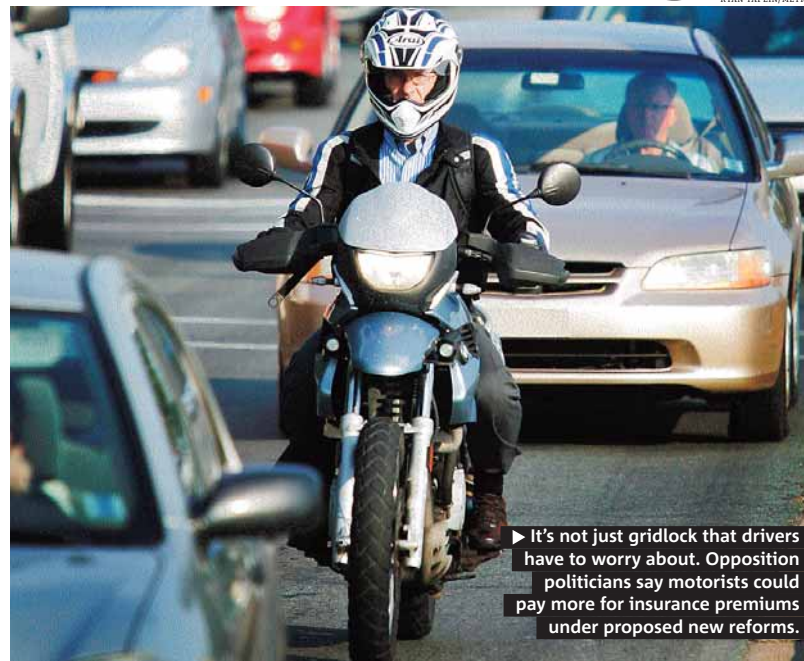
For a full list of reforms, go to gov.ns.ca/finance.

damage," drivers would apply for payment through their own insurance company.

Steele said he hopes the reforms will not result in higher premiums.

"When we sent these measures to the Utility and Review Board for evaluation, their conclusion was that the only reform that would result in an increase in cost would be the increase in Section B benefits," Steele said, adding that the board estimated costs would rise by \$6 to \$7 a year per policy.

Steele said the province has asked insurance companies to hold off on raising premiums for a year to determine the increase in cost, if any, resulting from the reforms.



It's not just gridlock that drivers have to worry about. Opposition politicians say motorists could pay more for insurance premiums under proposed new reforms.

But opposition politicians worry that the costs of the new measures will be borne by drivers.

"Our concern will be affordability and whether or

not this will increase premiums," Liberal finance critic Diana Whalen said.

Jamie Baillie, the Progressive Conservative leader, said drivers didn't

ask for these reforms.

"The government wants to respond to one of its special interests, which is the lawyers that specialize in auto claims."



Quebec wants a Catholic congregation to add more money to an \$18-million settlement accepted by 215 victims of sexual abuse. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch video of them at metronews.ca/video



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Mac & cheese sustains protesters

Cheddar was both at play and at stake on Wednesday night as more than 80 people gathered in Halifax's Cornwallis Park to eat Kraft Dinner and demand that Premier Darrell Dexter lower tuition fees for post-secondary institutions.

"Students shouldn't have to worry about their next meal — they should have to worry about how

much effort they're putting into their work," said Robyn Touchie, the president of the student union for the Nova Scotia College of Arts and Design.

Touchie says she worked five jobs in the summer, which she says can only barely cover the cost of school, and often has to use her school's food bank to complete her meals.

"There's not enough food in that food bank. It's usually cleared in the 10 minutes we stock it up," she said. **ADRIAN LEE**

Province releases IEF report

The province has released what could be the final report on the long and storied life of the Industrial Expansion Fund.

The Industrial Expansion Fund's 2010-

2011 report shows a total investment of \$38,600,000. Seaside Wireless received the sweetest plum: a \$16.4-million loan for "technical infrastructure." LED Roadway Lighting and Seaforth Energy, which have been beneficiaries of a number of provincial and federal economic-development funds, received \$10 million and \$2 million respectively.

ALEX BOUTILIER

Hero ship heartens family

- New Coast Guard ship named after N.S.-born First World War hero
- 34-year-old was killed carrying two wounded snipers to safety



ADRIAN LEE
HALIFAX@METRONEWS.CA

For Peggy Carlson, what's in a name is a matter of pride.

On Wednesday, ministers Peter MacKay and Keith Ashfield unveiled the CCGS Private Robertson V.C., the first of nine new Hero-class Canadian Coast Guard ships that will bear the name of a fallen Canadian. Pte. James Peter Robertson was Carlson's great-uncle, who was born in what is now Stellarton, N.S.

"It was amazing. It was like, 'Really?' We're just normal people," said Carlson, who flew from Victoria, B.C. for the ceremony at the Halifax Shipyard. "It was very emotional."

Carlson heard stories of Robertson's bravery in the First World War passed on



► Shipbuilder Karl Risser Jr. speaks at a press conference following the unveiling of the first of nine new Hero-class Coast Guard ships on Wednesday.

by her mother, and through saved newspaper clippings.

Robertson's 27th Battalion was facing machine-gun fire when the 34-year-old single-handedly commandeered the gun

and returned fire on the enemy.

He was later killed while carrying two wounded snipers to safety, and was posthumously awarded the Victoria Cross.

94 The number of Canadians who have won the Victoria Cross, the highest honour for valour for members of the Commonwealth's armed forces.

The ceremony came exactly 94 years after his battalion sent a letter from Passchendaele, informing Robertson's family of his death. "A better soldier and truer comrade never stepped into a Uniform," wrote Lt. H. A. Robertson in the letter. "We will sure miss him in the old Company."

"From what I understand, I think he was pretty humble," said Carlson, looking up at the Coast Guard ship. "I think he would have been just in shock, but proud."



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May be babies, but they've got bite

► Fully grown caimans are between six and eight feet long ► Baby crocs are the first legally hatched in N.S.

HEATHER GILLIS
HALIFAX@METRONEWS.CA

The common caiman, or crocodile, certainly isn't common around these parts.

But two eight-inch baby crocodiles have just hatched in Halifax.

Mike MacDonald and Lindsay Giles imported three adult caimans to their zoo, Maritime Reptile Adventures, in August. But when the caimans arrived, they were unaware one of the crocs named Splashes was pregnant.

"She was a really plump-looking mama," Giles said.

"Meanwhile she really was a mama."

Splashes laid 23 eggs in the crocodile enclosure pool, which according to MacDonald and Giles is unusual because crocodiles normally lay eggs in a nest in the ground.

The pair said they had a short window of time to retrieve the eggs from the water before they drowned, and moving the eggs could endanger the babies inside.

"Normally, they stay stationary once they're laid, and if they get jarred or rolled they can die," said Giles.

"We had no idea how much they had been moved around because all three adult caimans were in the pond," she added.

But three of the eggs

Croc'n around

► This species is often called the spectacled caiman because a ridge between their eyes looks like the bridge of a pair of glasses.

► Giles and MacDonald believe the babies are both female.

hatched after a 90-day incubation period. One died while hatching.

The now-week-old crocodiles were born on Nov. 2.

They may look cute, but MacDonald said crocodiles are dangerous.

"These aren't pets — they're zoo animals. We



► Lindsay Giles holds six-day-old spectacled caimans Mushu, left, and Puddles at her Dartmouth home yesterday. Giles and her partner Mike MacDonald are the owners of Maritime Reptile Adventures in Hammonds Plains.

use them to educate people," he said.

He said small crocodilians, like caimans, have the ability to leave nasty

bites, and even take off fingers.

The three adult caimans will return to a zoo in Ontario for the

winter but Giles and MacDonald will keep the baby crocodiles in their home until they're big enough to go into the zoo.

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ART COLLEGE FINANCING

Friends rally for NSCAD

A loosely organized coalition of faculty, students and supporters are asking the provincial government to keep the Nova Scotia College of Art and Design independent.

The Friends of NSCAD held a press conference on Wednesday to outline their position, based on

independence, adequate funding and sustainability.

"Nobody, I would say, inside NSCAD or outside NSCAD is very comfortable with the level of deficit that the university has been running and the amount of debt that it's carrying. It's crippling," said Karin Cope, an associate professor. "So figuring out how to resolve those problems and to move forward so that NSCAD can continue to exist in the future is extremely important."

● ALEX BOUTILIER

Suspect flees after woman assaulted

Police are investigating an incident where a man grabbed a woman and tried to sexually assault her on Ralston Avenue just after 8:30 p.m. Tuesday night.

The woman says after

the man grabbed her they had a struggle, then the man touched her in a sexual manner. He then fled on foot.

Police say the woman was taken to hospital with non-life-threatening injuries.

Police arrested a man shortly after the incident but he was released without charges.

● ADRIAN LEE

Get your geek on: It's cool

► 4,000 true believers expected at Hal-Con ► Anticipate crazy costumes



ADRIAN LEE
HALIFAX@METRONEWS.CA

Three years ago, a few friends in Halifax — including Amanda Schreiber and Jennifer Lambe — took a vote and decided to revive a Halifax convention for sci-fi, comics and gaming that had been defunct for 15 years.

This weekend, a community that can sometimes feel out in left field will get its East Coast geek on at the second annual Hal-Con, the largest festival of its kind in Atlantic Canada.

Schreiber and Lambe, the event's co-chairs, both grew up keeping their affections for Stan Lee and Dungeons and Dragons a secret until they met in Halifax.

"It's a really good way to find that little piece of confidence that you might be missing and knowing that it's OK to be a geek."

JENNIFER LAMBE,
CO-CHAIR OF HAL-CON

"I just said, 'Oh my God, there's more of me,'" says Schreiber.

They see Hal-Con as being a way to bring people either out of their shells or into their world.

"You could be a hardcore Star Trek fan quoting titles of episodes, or you might just watch Big Bang Theory and think it might be kind of neat," said Lambe, 30. "We love all fans equally."



► Amanda Schreiber and Travers Milo hope Hal-Con, this weekend's sci-fi conference, lives long and prospers.

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▶ A sailor lays his poppy down at the cenotaph at Grand Parade in last year's Remembrance Day ceremony.

Remembering the sacrifices

▶ Library project aims to keep history of war alive ▶ Many old war records at risk of damage from handling ▶ Digitizing preserves them



HEATHER
GILLIS

HALIFAX@METRONEWS.CA

There's a new way to make people aware of the sacrifices that were made during

the First and Second World Wars, and just in time for Remembrance Day.

The Halifax Public Libraries and Library and Archives Canada launched

the Lest We Forget Pan-Canadian project Wednesday.

"It's about ... helping (people) to get to know what Remembrance Day is all about by making it real through the lives of people that were from their own community," said Judith Hare, CEO of Halifax Public Libraries.

The project makes over 5,000 documents, such as wartime service records of soldiers, nurses and others who served, available to the public.

These types of records are some of the most referenced materials, according to Library and Archives Canada, and the project makes many of them available outside the archives in Ottawa.

Students from Sacred Heart School were at the Spring Garden Road Memorial Public Library Wednesday to attend the launch of the program.

"Each student at the Halifax public library (Wednesday morning) got a file on a different soldier with information about their wounds, or medals they received," said Hare.

Although the project is aimed at grade-school students, the records will be available for the public to see as well.

Hare said many of the Spring Garden Road library's wartime records have been digitized and are available online.

"The program really tied in nicely with work the library is doing now," she said.

Hare said she has plans to have special display cases for books of remembrance when the new Halifax Central Library is completed.

Hare says the program will continue until June.



For more local news visit metronews.ca/halifax

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Nov. 11 events

If you're looking to pay your respects to those who've served, here's a list of some Remembrance Day ceremonies in Halifax Friday, Nov. 11. Most ceremonies start at 11 a.m.

1. Grand Parade cenotaph.
2. Citadel Hill 21-gun salute.
3. Sailors Memorial, Point Pleasant Park.
4. Sullivan's Pond Cenotaph, Dartmouth.
5. Fish Hatchery Park Cenotaph, Bedford.
6. Fish Hatchery Park Cenotaph, Bedford.
7. Sackville Heritage Park Cenotaph, Sackville.
8. Cole Harbour Place Cenotaph, Cole Harbour.
9. Eastern Passage Cenotaph, Eastern Passage.
10. Atlantic Memorial, Atlantic Legion, White's Lake.
11. Camp Hill Hospital, Halifax.
12. Spryfield Legion, Spryfield.
13. Korean War Veterans Memorial, Clayton Park.
14. Cenotaph, St. Bernard's Church, Enfield.
15. Cenotaph in Porter's

Lake, across from Superstore.

16. Kinsac Cenotaph, Community Centre/Fire Station property, Beaver Bank* (begins at 10:30 a.m.)
17. Windsor Junction Cenotaph, Windsor Junction School of Performing Arts.
18. Seabright Legion, 11169 Peggy's Cove Rd.
19. Sullivan's Pond Cenotaph, Dartmouth.
20. MacDonald Royal Canadian Legion, Greenhead Rd., Lakeside.

Many businesses and services will be closed or are on a different schedule for the Remembrance Day holiday.

- Banks, government offices, the NSLC and Halifax Public Libraries will be closed Friday.
- Metro Transit buses, Access-A-Buses and the Alderney Ferry will operate on holiday schedules.
- Buses will pull over to observe a moment of silence at 11 a.m. where possible.
- There will be no curbside collection of garbage, organics or recyclables on Friday, and pick up will be on Saturday, Nov. 12.

*vs. department and specialty stores. Styles vary by store. **iPad and hot water bottle not included. Jewellery only available in select locations. Visit www.winners.ca for the location nearest you. ©2011 Winners

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Lasting impact

► **Education.** Canadians have built a total of 26 schools, another 27 are under construction. Prior to 2001, only 700,000 students, all of them boys, were attending school. Today, more than 2.2 million girls, over a third of all students, are in school.

► **Dahla Dam.** Over 2,012 jobs have been created in the rehabilitation of the dam. Once completed, 80 per cent of Kandaharis who live along the system will have access to a

secure water supply to stimulate agricultural production.

► **Polio-eradication initiative.** Canada is the single largest donor to polio eradication. Over 7.8 million Afghan children continue to be vaccinated against polio, including approximately 400,000 in Kandahar province.

► **Route Hyena.** This signature project was built to give residents of western Panjwahi greater freedom of movement, and improve their access to schools, markets and local government.

How will we be Remembered?

► Metro takes a look at Canada's legacy in Afghanistan ► Decade in war-torn country cost 162 Canadian lives — 158 military personnel and four civilians —

NO MISTAKE

TERRY GLAVIN
FOR METRO



That Canadian soldiers were able to hold Kandahar is key to the reconstruction of Afghanistan. And it's too bad that not enough Canadians know that.

Years down the road, there will be all sorts of clever people who will be happy to tell us that our soldiers should never have been sent to Afghanistan. That's why it will always be handy to remember what it took a British House of Commons defence committee to point out, back in 2007:

"If Kandahar fell, and it was a reasonably close run last year, it did not matter how well the Dutch did in Uruzgan or how well the British did in Helmand. Their two

Canadian Forces Col. Mike Minor is the NATO commander in charge of the Advisory Group to the Kabul Military Training Centre (the largest Afghan army training facility).

Who are the trainers?

I have a team of about 500 coalition personnel from about 10 different nations working with me. Our role is to advise Afghanistan's premier training centre where

they train up to 60,000 officers each year. That's almost the size of the entire Canadian Forces. Our aim is for this training centre to sustain the Afghan National Army ... after we're gone.

When will that happen?

The transition will start as early as next year. That's the key to sustaining the Afghan National Army as we move

forward. We're essentially training trainers so they can effectively train soldiers themselves.

What will be Canada's legacy in Afghanistan?

Certainly our operations in the south fighting the counter-insurgency were pivotal here. But around Kabul now, I've had many nations come up to me and say "clearly Canada has it right."

provinces would also, as night followed day, have failed, because we would have lost the consent of the Pashtun people because of the totemic importance of Kandahar."

Don't remember? Don't be hard on yourself. You sure didn't hear it from any Canadian parliamentary committee.

If all Canadian soldiers ever did was win the Battle of Panjwahi in 2006, it would all have been worth it.

Panjwahi was Stalin-grad. Between that summer and July 2011, fewer than 3,000 Canadian soldiers kept the Taliban at bay. U.S. President Barack Obama's "surge" of 30,000

soldiers is still having a hard time matching Canada's accomplishment.

And even now, sneers disfigure the faces of our country's clever "troops-out pundits" whenever they're reminded that millions of girls would have never gone to school had it not been for the gallant sacrifices of Canadian



► Col. Mike Minor, right, is saluted by an Afghan.

We went into the fight, we did an outstanding job and things are better in Kandahar. Now is the

time for transition ... so the Afghans can do it themselves.

● HEATHER BUCHAN

soldiers and their families.

Had Kandahar fallen, Afghanistan would have been lost to the Taliban, and you don't want to think about what would have come next.

In the years to come, millions of Afghans will fondly recall that in their darkest hour, Canadian

soldiers were watching their backs. Most Canadians still don't seem to have a clue.

.....
Terry Glavin is the author of the newly published book *Come From The Shadows: The Long And Lonely Struggle for Peace In Afghanistan*. He has visited that country four times since 2008.



► Members of the Canadian Engineer Regiment look towards a nearby treeline after a day of operations against the Taliban on June 13, 2006, in the Panjwaii district southwest of Kandahar.

JOHN MOORE/GETTY IMAGES

Afghan women more visible in public life

LAURYN OATES
FOR METRO

When Afghan women and girls found in December 2001 that they were no longer under state-imposed house arrest, they peered out at a country in ruins.

Taliban rule, following the three decades of war, kept women and girls shut out of schools for five years.

Since those first post-Taliban days, striking change has swept over Afghanistan. Canadian investments in education and rebuilding programs have helped hurry along the drive for learning and training opportunities.

Women have been accessing micro-credit programs like the Micro-finance Investment Support Facility for Afghanistan (MISEFA), supported by the Canadian International

30%
Today, about 30 per cent of civil servants in Afghanistan are women.

Development Agency. The charity Canadian Women for Women in Afghanistan has been training teachers, running adult-literacy classes and opening village libraries.

The Afghan Canadian Community Centre in Kandahar trains female students in business, computers and English, helping land them lucrative jobs immediately after graduation. The Mennonite Economic Development Associates, headquartered in Toronto, supported 3,000

women farmers in Parwan province with training and access to inputs that helped them improve their crop yields and raise household incomes.

Afghan women still face daunting challenges, including the world's highest maternal mortality rate, rampant domestic violence, underage marriage (the average female marriage age is believed to be only 15). The Taliban regularly attack girls' schools, threaten women working in the government and operate "shadow governments" in districts where they have greater control than the government, doling out punishments for "moral crimes" like premarital sex.

.....
Lauryn Oates is the projects director of Canadian Women for Women in Afghanistan.

WE ASKED: HOW WILL YOU REMEMBER CANADA?

Lotfullah Najafizada, 24
Journalist at Tolo TV, Kabul

"Canada has made a huge sacrifice in Afghanistan in the last decade. It has helped the Afghan people during a very tough time. We would remember Canada's support and assistance not for 10 or 20 years, but for many, many decades. Canada has a reputation as an honest and supportive friend in Afghanistan."



Bibi Zhilla Jawid, 23
Senior finance assistant, UNICEF Kandahar Office

"Our family returned to Kandahar from Pakistan in 2003. We were poor, so I needed to work ... The only way I could study was at night school, but there were no female students. I will never forget the day in 2007 when I got the chance to enrol in a school supported by Canada, the Afghan Canadian Community Centre in Kandahar. I took English classes there and the people were kind. I then graduated, with 11 other girls, in business management, and that is the greatest gift that Canada could give me. I was given my certificate in front of everyone. For this, we'll remember Canada in our hearts."



Dr. Mohammad Shafiq Faqeerzai, 35
Surgeon at Aliabad Teaching Hospital, Kabul

"The people of Afghanistan really appreciate the efforts of Canadians towards the rehabilitation of our country. Despite having thousands of Canadian Forces in addition to the other international forces, our security is getting worse. Poppy cultivation and trafficking is still happening. The people do not feel safe even in the capital. Nevertheless the people of Afghanistan will remember the Canadians, especially as they continue to build the capacity of the Afghan National Army, and especially if they help build this country into something sustainable."



Homa Sorouri, 32
Human resources development director, Kabul

"Canada was one of the first countries who left Afghans mid-conflict, in 2011. Canada reminds me of Kandahar because of their overall focus on rebuilding Kandahar. As a Kabul resident, of course I cannot comment on how they have done the job, but I know that Canadians were big advocates of women's rights. In all the projects they funded they were concerned with gender issues. Canadians seem to be friendly people."



On Twitter



We also asked Twitter users to tell us how they thought Canadians would be remembered for their role in Afghanistan.

Here's what they had to say:

- **@RickCarroll:** @themetrolondon As hard working, dedicated heroes.
- **@taboada93:** @metrotoronto I think they'll be remembered for taking the time out of their lives to go and help those in need. You can't get any more pride!
- **@AutisticTomato:** @metrohalifax Afghans will remember Canadians as solid hash

smokers and friendly people.

- **@bnes211:** @themetrolondon As the ones they hate less than Americans.
- **@SkyMcLaughlin:** @metroedmonton My friends there tell me our legacy is our genuine intention to help, but sadly 10 yrs later not much has changed.
- **@TashKasves:** war is never looked back on positively.



.....
For more Remembrance Day coverage, visit metronews.ca

Be prepared for massive earthquake

► Top geophysicist says training will reduce fatalities ► Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy

and China in recent years. John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of

Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earth-

quake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton University. "We've seen many over the years, going back

in time."

Predicting earthquakes with any degree of consistency, Cassidy says, remains next to impossible.

"Unfortunately, we can-

not predict earthquakes, either here or anywhere," he said. The only thing people can do is be prepared, he says.

THE CANADIAN PRESS



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Occupy. Protests



► Mathieu Martin struggles with a sheet of plywood as he moves his tent to a new location at the Occupy Montreal protest in the financial district Wednesday. The city is now forbidding the construction of any wooden structure.

PAUL CHASSON/THE CANADIAN PRESS

Officials: Time to go

Toronto Mayor Rob Ford said Wednesday residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Social media attracts older Canadians

Older Canadians are increasingly following their younger counterparts into the world of social media, with Facebook by far the most popular way to network, a new poll suggests.

The Harris-Decima survey conducted for The Canadian Press indicates that 68 per cent of those asked used social media in 2011, up from 57 per cent two years ago.

The main difference over the past two years has been the surge in participation by those over the age of 50. Two years ago, almost all the respondents under the age of 25 were already on the social media bandwagon.

However, only 39 per

cent of those over 50 had climbed aboard in 2009 — a ratio that jumped to 57 per cent by 2011 — an increase of almost two-thirds.

"They're getting more comfortable online," Mike Leahy, senior Harris-Decima vice-president, said in reference to older Canadians. "My impressions are that they are communicating with different generations, who are very active in social media."

When it comes to social networking via the Internet, Facebook is the "Go-liath" with 97 per cent of respondents involved in social networking using the site, essentially unchanged in two years.

THE CANADIAN PRESS

Earthquake rocks eastern Turkey

Journalists trapped in collapsed hotel send SMS seeking help

An earthquake struck eastern Turkey Wednesday, killing at least three people and leaving dozens trapped in the rubble of toppled buildings damaged in the previous temblor, which had killed 600 people.

About 20 buildings collapsed in the provincial capital of Van following a 5.7-magnitude quake.

Voices could be heard

calling for help from under the debris, and at least 15 people were pulled alive from the rubble in early rescue efforts, according to Turkish media.

State-run TRT television said at least three bodies were recovered and more than 50 people were believed to be trapped in the rubble of a hotel.

THE ASSOCIATED PRESS

Syrian. Infighting



► Syrian protesters prevent Abdul-Aziz al-Khair, a member of the Syrian National Co-ordination Committee, centre, and other opposition leaders from entering the Arab League headquarters, in Cairo Wednesday.

AMR NABIL/THE ASSOCIATED PRESS

Opposition cracks up

Syrian protesters pelted a group of rival opposition leaders with eggs yesterday outside Arab League headquarters in Cairo, accusing them of playing along with President Bashar al-Assad's government instead of working to overthrow the regime.

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JOHN MAZEROLLE
METRO



as studying.

It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed.

At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in.

Well, relax students: I humbly suggest you can do both.

As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her life.

"Teach someone a fib, they'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever."

How To Study Without Really Trying:

- Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.

- Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might

say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.

- Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.

- Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.

- Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.

- Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

By the time you hit 30, you should really have those guitar chords nailed.

Read more of John Mazerolle's columns at metronews.ca/hesays

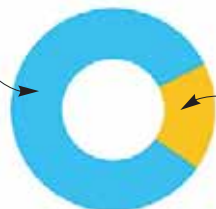
This time of year can be stressful for students, especially those who foolishly become preoccupied with pointless extracurricular activities, such



Register at metropolitanpanel.ca and take the quick poll

Should Remembrance Day be a national holiday?

83%
YES, TO
SHOW
RESPECT
FOR PAST
SACRIFICES



17%
NO, I CAN
REMEMBER
AND WORK AT
THE SAME
TIME

Letters

While I try to force myself into believing that humanity in general has progressed over time, there are still some critical issues that challenge me to the core of whether we as species are in better shape than before or whether we still have a long way to go.

It is true that we have advanced in technology; we have managed to send a man to the moon and to break the record of having particles move faster than the speed of light. It is also quite true that we have allowed women to vote.

Amidst all this, we have yet to recognize the Palestinian people fully as human beings who deserve an equal share of respect and dignity as the rest of mankind.

When they had recently made a basic request at the UN for recognition as an independent state, sadly, the so-called countries that claim to be advocates for human rights and promoters of democracy around the world, including the U.S., have denied such a basic human right for these people who have been suffering for so long.

ABUBAKAR N. KASIM
TORONTO

Local tweets



► @ThatKevin-Smith: Via @TimothyConway "Hope you

enjoyed Atlantic Canada" LOVED the Halifax show! Trying to come back with @JayMewes & Get Old in December.

► @takarabond: There's an ambulance outside of smu residence with its lights going insane :O

► @kuriosity: Walking in zigzags to get downtown because Halifax side streets are so pretty! Almost all the leaves have changed.

► @leanne_laird: Buying a stick for my first hockey

game in 5 years #scoreagoal ? #hopingnot-tofall

► @sullyhfx: "to make happy the unfortunate children" Another gem from a smu student's paper.

► @LanaBananaLana: you know you're a geek when you spend your break w/ your glasses on, a coffee and reading the Consumer Protection Act of NS.

► @Astrocam: Well, scratch going to the hospital. My health cards expired.

► @Coffeeaddict666: whoever put all those poems all over #smu in #Halifax kudoes to a job well done. Great way to break up the week



photo of the day



► This photo titled Children: Strength and Power, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's



► Shelby will have a translator for "all legal and police matters."

website stated.

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

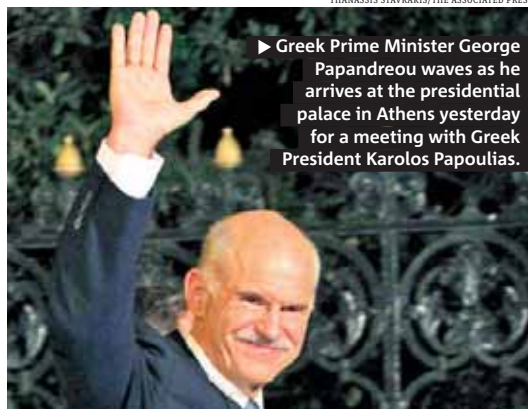
TORSTAR NEWS SERVICE

Greek drama intensifies

► Coalition talks break down

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties



► Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

were joining together to save the debt-ridden coun-

try from rapidly approaching bankruptcy.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political leader talks being chaired by the country's president, Karolos Papoulias.

The president's office scheduled another meeting for this morning.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 332.64 (12,156.22)	- 1.31¢ (97.88¢ US)	- \$1.06 US (\$95.74 US)	\$3.652 (- 9.3¢)
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Agricola St.	2559 Agricola St., Halifax	Thursday, November 10th	4-8pm
West End Mall	6990 Mumford Rd., Halifax	Thursday, November 10th	4-8pm
Spryfield	279 Herring Cove Rd., Halifax	Saturday, November 12th	1-5pm



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Synopsis

The Christmas movie season promises a little something for everyone. There's family movies like *The Muppets*, Oscar bait like *My Week with Marilyn*, and even a silent movie in wide release! This week the Reel Guys look ahead to their most anticipated movies of November and December.



► Michelle Williams' portrayal of Marilyn Monroe in *My Week With Marilyn* may win her the Oscar Monroe always dreamed of.

Reel Guys**RICHARD
CROUSE &
MARK
BRESLIN**

SCENE@METRONEWS.CA



'Tis the season

► Christmas movie season is here ► Crouse and Breslin share their yuletide picks

Richard: Mark, the film critic in me really wants to see *Carnage*, the Roman Polanski adaptation of the Broadway hit about two couples who get together to discuss an altercation between their children. I expect the all-star cast's — Kate Winslet, John C. Reilly, Christoph Waltz and Jody Foster — heavy-duty acting chops may earn an Oscar nod or two and have heard there's even Oscar buzz for Polanski. What are you most excited about?

Mark: Richard, I'd like to agree with you about *Carnage*, but I saw the play on Broadway and wasn't im-

pressed. However, I like everything Roman Polanski has ever done — well, ahem, almost everything — and maybe this will be an example of a movie improving on the play. I am looking forward to *Young Adult*, and here's why: 1. screenplay by Diablo Cody. 2. directed by Jason Reitman. 3. starring Charlize Theron. 4. lots of bad behaviour. I also look forward to the new installment of *Mission Impossible: Ghost Protocol*. Am I a fool?

RC: Not at all! I'm excited to see what Brad Bird, the Pixar wizard behind *The Incredibles*, can do with

live action and a few hundred million dollar budget. I'm also curious to see how the Cold War paranoia of *Tinker Tailor Soldier Spy* plays at Christmas, 2011. I want to know if playing in the *Potterverse* for the last few years has dulled Gary Oldham's edge. I'm hoping for some of his old-school Romeo is *Bleeding* attitude!

MB: I don't know... those John Le Carre adaptations can be pretty dry. What about *My Week With Marilyn*? Sounds pretty juicy to me.

RC: It'll certainly have some juice with Oscar vot-

ers I think. The Academy loves biopics and while Michelle Williams might not have been the obvious choice to play Marilyn Monroe, the early word is that she might be in line to win the Oscar that Marilyn always wanted in real life. I think Williams's biggest competition will be Meryl Streep as Margaret Thatcher in the *Iron Lady*.

MB: And the trailer for the Streep film is so good that it makes me want to line up for the movie today! And it would make a perfect double bill with the J. Edgar Hoover biopic at a Tea Party conference.

2 scene

Scene in brief

Twins, gods and a legendary FBI director will hit screens tomorrow. Jack and Jill has funnyman Adam Sandler taking on duelling roles as Jack and his twin sister Jill. *The Immortals* makes Greek mythology sexy with its hot, young stars, and Leonardo DiCaprio is generating Oscar buzz for his turn as J. Edgar Hoover in *J. Edgar*. Go online to metronews.ca/movies tomorrow to read reviews of all these films. **METRO**



Sales rise for *Assassin of Spies*, a novel pulled by publisher over plagiarism complaints

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Cavill's training

After wrapping *Immortals*, Cavill turned to sculpting his physique for his next role, as the Man of Steel. To get buff for the next Superman film, Cavill enlisted the help of Mark Twight, the trainer who transformed the cast of 300 into walking washboards.



► Luke Evans had to fit all of his training into seven weeks.

Sculpting the body of a god

- Getting into god-like shape for *Immortals* wasn't an easy task
- The guys dish on bringing perfection to life



work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to *Immortals*."

Letting the training help with the acting:

Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

Henry Cavill (Theseus):

"It's like wearing a permanent costume. Before work when you look in the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."

The downside of looking so good:

Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to learn to stick my stomach out so I could hide my *Immortals* body. Took a while. You have muscle memory when you



► Henry Cavill shows off his *Immortals* six pack.

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Clint Eastwood makes the day

- At 81, film legend still has a commanding presence
- J. Edgar director admits being fascinated by Hoover



**RICHARD
CROUSE**
SCENE@METRONews.ca

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros soiree to celebrate their latest Oscar hopeful—a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the FBI.

To my left 60 Minutes re-

porter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.

They are keepsakes from the Warner Bros legacy; a reminder that the company has been making movies for almost as long as there have been movies to make.

Then a real life reminder of that legacy walked into

the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. With him was Leonardo DiCaprio, Armie Hammer, producer Brian Grazer and Oscar winning screenwriter Dustin Lance Black.

The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. Inside the screening room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."



► Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.

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IMMORTALS WORDS

ACROSS

- He plays King Hyperion in *Immortals* (with 3 Across)
- See 1 Across
- A "fabled" Greek writer
- The hero in *Immortals*
- Freida Pinto, who plays 11 Down, recently starred in ____ of the *Planet of the Apes*
- Ashen, like a dying warrior
- Stephen McHattie, who plays Cassander, is a Nova ____ (from *Antigonish*)
- Demoralize
- Where 6 Down was schooled (it's in England, of course)
- ____ Singh directed *Immortals*

DOWN

- Joseph ____ is Lysander
- Kellan Lutz, who plays Poseidon, is Emmett Cullen in the *Twilight* films, including this one
- Crowe who stars with 12 Down in the next *Superman*
- Most senior
- John ____ plays Old Zeus in *Immortals*
- The answer to 1 Across also played *Whiplash* in the second ____ flick
- Pinto's part in *Immortals*
- Lucas who plays Athena
- In *The Wrestler*, 1 Across was Randy ____ Robinson
- Hit hard

Crossword #1

1				2			3		4		5
						6					
7						8					
		9	10							11	
12											13
14						15			16		
17											

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SOLUTION: ACROSS 1. MICKEY, 2. ECLIPSE, 3. ROURKE, 4. RUSSELL, 5. ELDEST, 6. HURT, 7. PALE, 8. THESEUS, 9. RISE, 10. IRON MAN, 11. PHAEDRA, 12. SCOTIAN, 13. ABASH, 14. LONDON, 15. NAIL
DOWN 1. MORGAN, 2. ECLIPSE, 3. ROURKE, 4. RUSSELL, 5. ELDEST, 6. HURT, 7. PALE, 8. THESEUS, 9. RISE, 10. IRON MAN, 11. PHAEDRA, 12. SCOTIAN, 13. ABASH, 14. LONDON, 15. NAIL



HANDOUT

► Robert Pattinson said he cut out junk food and beer to get in shape for Breaking Dawn: Part 1.

Making brawn

► **Twilight star Robert Pattinson shares how he got buff for his stripped-down scene in Breaking Dawn**



EMMA
BJÖRKMAN
SCENE@METRONEWS.CA

METRO WORLD NEWS IN STOCKHOLM

In the fourth Twilight film, Breaking Dawn: Part 1, newlyweds Edward (Robert Pattinson) and Bella (Kristen Stewart) finally go all the way.

In preparation for the stripped-down honeymoon scene, Robert Pattinson put in four months of solid time at the gym.

"I very rarely exercise and really don't like going to the gym so I had to make it extreme.

"I had to cut out beer and cut out junk food, which is basically my entire life and I had to replace that with going to the gym and working out basically all day, every day.

"I went to the gym pretty much at four in the morning and worked out for two hours and then went to work. It was absolutely exhausting," he says.

But has the actor, also known as Edward Cullen, kept up his workout routine?

"The day I didn't have to take off my shirt, that was it. No more gym," he says laughing.

Ashley Greene's character, Edward's sister Alice, also shows a new side in the movie, albeit a more emotional one.

"You will see Alice being emotionally tortured and a little tormented inside. She wants to protect and support Bella and the two emotions are in conflict. That was one of the great

things of having a saga... to develop your character," she says.

In Breaking Dawn: Part 1 Bella Swan becomes pregnant and the baby is half vampire.

According to Pattinson and Greene the birth scene was one of the most memorable during the movie shoot.

"The director Bill Condon made some really bloody horror movies early on in his career and we shot it like a straight horror scene.

"I saw one cut, and if you had added some other music and other sound effects you wouldn't want to watch the screen."

They could definitely do a version of this movie for adults only," says Pattinson.

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Happy dad?

► **Elijah Wood talks fatherhood and Happy Feet 2**

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METRO WORLD NEWS IN HOLLYWOOD

In the first Happy Feet, vocally challenged penguin Mumble (voiced by Elijah Wood) got the girl, so it only makes sense that Happy Feet 2 finds Mumble grappling with fatherhood — something he knew for the young actor best known for playing a hobbit. We caught up with Wood to talk about his penguin alter-ego growing up faster than he is. Plus, he gives an update on that other franchise he's a part of.

I'm pretty sure you've never played a father before.
Oh no. (laughs) Only in the digital realm. I mean I'm 30 now, so I suppose it's not altogether unbe-



► **Elijah Wood is the voice of Mumble in Happy Feet 2.**

lievable anymore.

How was that to take on as an actor?

It was cool. I think it was a natural progression for Mumble. You know, after he sort of cements his relationship with Gloria at the end of the first film,

it's sort of natural that they would have an egg and a baby — the natural progression. So it was cool. It presented a unique, new step in his life. And the relationship between him and Eric was a fun relationship to play out.



STARTS TOMORROW Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

SONY
motion pictures

IMMORTALS

GET AROUND

Pictured at the right are eight of the biggest names from IMMORTALS. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV. Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. **Randy The Ram Robinson**
(Oscar nominee)

2. **Aramis**
(think Musketeers)

3. **Emmett Cullen**
(Twilight time)

4. **Latika** (going Ape)

5. **Charles Brandon**
(Tudor times)

6. **Mr. Ollivander**
(those Potter films)

7. **Alison Bromley**
(think Vampires)

8. **Jason Tanner**
(Beachy, but no bum)

SOLUTION: HENRY CAVILL IS 5, FREIDA PINTO IS 4, STEVE BYERS IS 8, JOHN HURT IS 6, LUKE EVANS IS 2, MICKEY ROURKE IS 1, KELLAN LUTZ IS 3, and ISABEL LUCAS IS 7.

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50/50 (14) Dolby Stereo, Stadium Seating Fri-Wed 9:40 Dolby Stereo, Stadium Seating Thu 10:05
Footloose (PG) Dolby Stereo, Stadium Seating Fri-Wed 1:10-3:45-7:15-9:45 Dolby Stereo, Stadium Seating Thu 1:10-3:45
Immortals 3D (STC) Dolby Stereo, Stadium Seating Fri-Wed 1:20-3:55-7:25-10:05 Dolby Stereo, Stadium Seating Thu 1:20-3:55-7:30-10:05
In Time (PG) Dolby Stereo, Stadium Seating Fri-Wed 12:55-4-7-9:25 Dolby Stereo, Stadium Seating Thu 12:55-4-7
J. Edgar (STC) Dolby Stereo, Stadium Seating Fri-Thu 12:40-3:35-6:45-9:45
Jack and Jill (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:05-1:35-3:50-4:25-7:45-7:50-9:55-10:20
Moneyball (PG) Dolby Stereo, Stadium Seating Fri-Wed 12:30-3:25-6:35 Dolby Stereo, Stadium Seating Thu 1:20-3:25
Paranormal Activity 3 (14) Dolby Stereo, Stadium Seating Fri-Thu 1:45-4:20-7:10-9:15
Puss in Boots (G) Dolby Stereo Fri-Thu 12:35-3:30-6:40-9:05
Puss in Boots 3D (G) Dolby Stereo, Stadium Seating Fri-Wed 12:50-3:7:20-9:30 Dolby Stereo, Stadium Seating Thu 12:50-3:9:30
Real Steel (PG) Dolby Stereo, Stadium Seating Fri-Thu 12:45-3:35-6:50-9:35
Tower Heist (PG) Dolby Stereo, Stadium Seating Fri-Wed 1:25-1:40-3:50-4:20-7:30-7:45-9:50-10:10 Dolby Stereo, Stadium Seating Thu 1:25-1:40-3:50-4:20-7:30-7:45-10:10-11:15
The Twilight Saga: Breaking Dawn Part 1 (STC) Dolby Stereo, Stadium Seating Thu 10:10-11:15
A Very Harold & Kumar Christmas (18) Dolby Stereo, Stadium Seating Fri-Wed 1:05-4:05-4:10-7:35-8:10-10:15 Dolby Stereo, Stadium Seating Thu 1:30-1:55-4:05-4:10-8:10-10:15
The Way (STC) Dolby Stereo Fri-Thu 12:50-3:40-6:55-9:35

IMAX

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Puss in Boots: An IMAX 3D Experience (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:47-05-9:10

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Anonymous (PG) Dolby Stereo Digital Fri 6:30-9:20 Dolby Stereo Digital Sat-Sun 3:30-6:30-9:20 Dolby Stereo Digital
Jack and Jill (STC) Dolby Stereo Digital Mon 6:30-9:20 Tue 3:30-6:30-9:20 Dolby Stereo Digital Wed-Thu 6:30-9:20

PARK LANE

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50/50 (14)

Stadium Seating Fri-Sun 12:50-3:30-6:35-9 Stadium Seating Mon 3:45 Stadium Seating Tue-Wed 3:45-6:35-9 Stadium Seating Thu 3:45-6:35
Ghostbusters (14) Stadium Seating Fri-Sat 11:30
In Time (PG) Stadium Seating Fri-Sat 1:10-3:55-7:15-9:50 Stadium Seating Mon 3:55-7:10-9:45 Stadium Seating Tue 3:55-7:15-9:50 Stadium Seating Wed-Thu 3:55-7:10-9:45
J. Edgar (STC) No Passes, Stadium Seating Fri-Sun 12:45-3:45-6:45-9:45 No Passes, Stadium Seating Mon 3:30-6:30-9:30 No Passes, Stadium Seating Tue 3:30-6:45-9:45 No Passes, Stadium Seating Wed-Thu 3:30-6:30-9:30
Jack & Jill (STC) Stadium Seating Fri-Sat 1:3-20-7:9-20-11:45 Stadium Seating Sun 1:3-20-7:9-20 Stadium Seating Mon 3:50-7:9-15 Stadium Seating Tue 3:50-7:9-20 Stadium Seating Wed-Thu 3:50-7:9-15
The Metropolitan Opera: Anna Bolina - Encore (STC) Stadium Seating Mon 6:30
Puss in Boots (G) Stadium Seating Fri-Sun 12:35 Stadium Seating Mon-Thu 4:05
Puss in Boots 3D (G) Stadium Seating Fri-Sun 3:15-6:50-9:10 Stadium Seating Mon 6:50-9:10 Stadium Seating Tue 3:35-6:50-9:10 Stadium Seating Wed-Thu 6:50-9:10
The Rum Diary (14) Stadium Seating Fri-Sun 12:30-3:10-6:30-9:25 Stadium Seating Mon 3:35-6:20-9:05 Stadium Seating Tue 3:35-6:30-9:25 Stadium Seating Wed 3:35-6:20-9:05 Stadium Seating Thu 3:35-9:40
Tower Heist (PG) Stadium Seating Fri-Sat 1:05-3:35-7:05-9:35-11:59 Stadium Seating Sun 1:05-3:35-7:05-9:35 Stadium Seating Mon 3:40-6:40-9:20 Stadium Seating Tue 3:40-7:05-9:35 Stadium Seating Wed-Thu 3:40-6:40-9:20
The Twilight Saga: Breaking Dawn Part 1 (STC) Stadium Seating Thu 10
A Very Harold & Kumar 3D Christmas (18) Stadium Seating Fri-Sat 1:15-4:7-20-9:40-11:55 Stadium Seating Sun 1:15-4:7-20-9:40 Stadium Seating Mon 4:7-15-9:40 Stadium Seating Tue-Thu 4:7-15-9:40

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Footloose (PG) Dolby Stereo, Stadium Seating Fri-Sun 1:15-3:50-6:30 Dolby Stereo, Stadium Seating Mon-Wed 6:30
Immortals (STC) Dolby Stereo, Stadium Seating Fri-Sun 1:20-3:55-6:45-9:25 Dolby Stereo, Stadium Seating Mon-Thu 6:45-9:25
In Time (PG) Dolby Stereo, Stadium Seating Fri-Thu 9:15
Jack and Jill (STC) Dolby Stereo, Stadium Seating Fri-Sun 1:10-3:30-7:9-10 Dolby Stereo, Stadium Seating Mon-Thu 6:45-9:25
Tower Heist (PG) Stadium Seating, Dolby Stereo Fri-Sun 1:30-4:40-9:20 Stadium Seating, Dolby Stereo Mon-Thu 6:40-9:20
The Twilight Saga: Breaking Dawn Part 1 (STC) Dolby Stereo, No Passes, Stadium Seating Thu 10
A Very Harold & Kumar 3D Christmas (18) Dolby Stereo, Stadium Seating Fri-Sun 1:35-4:05-7:15-9:40 Dolby Stereo, Stadium Seating Mon-Thu 7:15-9:40

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Anonymous (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri-Sun 12:30-3:25-6:25-9:15 Digital, Dolby Stereo Digital, Stadium Seating Mon 12:30-3:25 Digital, Dolby Stereo Digital, Stadium Seating Tue-Wed 12:30-3:25-6:25-9:15

Mon-Thu 7-9:10
Paranormal Activity 3 (14) Dolby Stereo, Stadium Seating Fri-Sun 1:25-3:40-7:10-9:30 Dolby Stereo, Stadium Seating Mon-Thu 7:10-9:30
Puss in Boots (G) Dolby Stereo, Stadium Seating Fri-Sun 1
Puss in Boots 3D (G) Dolby Stereo, Stadium Seating Fri-Sun 3:20-6:50-9 Dolby Stereo, Stadium Seating Mon-Wed 6:50-9 Dolby Stereo, Stadium Seating Thu 6:50

Digital, Dolby Stereo Digital, Stadium Seating Thu 12:30-3:25-9:30
Footloose (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri-Thu 9
Immortals 3D (STC) Stadium Seating Fri-Wed 2:43-5:7-30-10:15 Digital, Dolby Stereo Digital, Stadium Seating Fri-Wed 1:35-4:15-7-9:45 Stadium Seating Thu 2:43-5 Digital, Dolby Stereo Digital, Stadium Seating Thu 1:35-4:15-7:20-7:45-10-10:25
In Time (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri-Wed 1:55-4:35-7:35 Digital, Dolby Stereo Digital, Stadium Seating Thu 1:55-4:35
J. Edgar (STC) Digital, Dolby Stereo Digital, Stadium Seating, No Passes Fri-Thu 12:45-3:55-6:55-9:55
Jack and Jill (STC) Digital, Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-3:45-6:40-9:25
The Metropolitan Opera: Anna Bolina - Encore (STC) Dolby Stereo Digital, Stadium Seating, No Passes Mon 6:30
Paranormal Activity 3 (14) Digital, Dolby Stereo Digital, Stadium Seating Fri-Wed 10:10
Puss in Boots (G) Digital, Dolby Stereo Digital, Stadium Seating Fri-Thu 12:55-3:30-6:15
Puss in Boots 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Wed 1:30-4:6-50-9:20 Dolby Stereo Digital, Stadium Seating Thu 1:30-4-9:50
Tower Heist (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri-Wed 12:40-1:50-3:20-4:20-6:30-7:15-9:10-9:40 Digital, Dolby Stereo Digital, Stadium Seating Thu 1:50-3:20-4:20

6:20-7:15-9:15-9:40

The Twilight Saga: Breaking Dawn Part 1 (STC) Dolby Stereo Digital, No Passes, Stadium Seating Thu 10:15-10:35
A Very Harold & Kumar 3D Christmas (18) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 1:05-2:05-3:35-4:40-6:50-7:20-9:35-10 Dolby Stereo Digital, Stadium Seating Mon-Wed 1:05-2:05-3:35-4:40-6:50-7:20-9:35-10 Dolby Stereo Digital, Stadium Seating Thu 1:05-2:05-3:35-4:40-7:20-9:35

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Footloose (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 3:05-6:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:30
Immortals (STC) Stadium Seating Fri-Sun 3:6:35-9:05 Stadium Seating Mon-Thu 6:35-9:05
In Time (PG) Stadium Seating Fri-Thu 9:10
Jack and Jill (STC) Stadium Seating Fri-Sun 3:25-6:55-9:20 Stadium Seating Mon-Thu 6:55-9:20
Paranormal Activity 3 (14) Stadium Seating Fri-Sun 3:20-6:50-9 Stadium Seating Mon-Thu 6:50-9
Puss in Boots 3D (G) Stadium Seating Fri-Sun 3:15-7:8:55 Stadium Seating Mon-Thu 7:8-55
Tower Heist (PG) Stadium Seating Fri-Sun 3:10-6:40-9:15

Stadium Seating Mon-Thu 6:40-9:15

A Very Harold & Kumar 3D Christmas (18) Stadium Seating, No Passes Fri-Sun 3:30-6:45-9:30 Stadium Seating Mon-Thu 6:45-9:30

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Immortals 3D (STC) Fri-Sun 2:50-7:05-9:40 Mon-Thu 7:05-9:40
Jack and Jill (STC) Fri-Sun 3:05-7:9:15 Mon-Thu 7-9:15
Paranormal Activity 3 (14) Fri-Sun 2:35-7:15-9:25 Mon-Thu 7:15-9:25
Puss in Boots (G) Fri-Sun 2:30
Puss in Boots 3D (G) Fri-Thu 6:30-8:45
The Rum Diary (14) Fri-Sun 3:6:35-9:20 Mon-Wed 6:35-9:20 Thu 6:35
Tower Heist (PG) Fri-Sun 2:45-6:45-9:10 Mon-Thu 6:45-9:10
The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10
A Very Harold & Kumar 3D Christmas (18) No Passes Fri-Sun 3:15-6:50-9:05 Mon-Thu 6:50-9:05



► Action-comedy Tower Heist stars Eddie Murphy and Ben Stiller.

HANDOUT



Groundbreaking Latina actress keeps on dancing

► Oscar-winning star Rita Moreno approaching her 80th birthday
► But she's still on stage six nights a week and stars in a TV show

As Rita Moreno nears her 80th birthday, she's singing and dancing six nights a week in the biographical show *Life Without Makeup*.

Moreno, who debuted on Broadway at the age of 13 in *Skydrift*, won an Oscar for her portrayal of Anita in the film version of *West Side Story*, as well as an Emmy, a Tony, a Grammy and the Presidential Medal of Freedom for her accomplishments in the arts.

Her Anita portrayal helped other Latino artists get work in Hollywood, particularly be-

cause a non-Hispanic actress, Natalie Wood, had the lead role of Maria in *West Side Story* and another white actor, George Chakiris, was cast as the Puerto Rican gang leader Bernardo.

Moreno said in an interview from her home in Berkeley, Calif., that she was happy to see so many more Hispanic faces and names in film, television and theatre.

"But I love what Ricardo Montalban once said, because it was very precise," she added,



► Puerto Rican actress Rita Moreno won an Oscar for the film version of *West Side Story*.

quoting the late Mexican actor. "He said one day that the door was ajar, but not completely open. And that still exists ... We have known artists in the English-speaking world that are Latin artists, but not enough."

West Side Story comes out on Blu-ray Nov. 15 to celebrate its 50th anniversary. And Moreno would like to see more song and dance on screen. "I'd love to see more musicals because today



► *West Side Story* comes out on Blu-ray Nov. 15.

they're very rare — you barely find them," she said.

Besides her run at The Berkeley Repertory Theatre, Moreno also plays Fran Drescher's Jewish mother in the TV series *Happily Divorced*, which starts shooting its second season in January.

"I love working with Fran. She is very delicious, warm, kind ... a good person, very noble," she said.

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ALLIANCE

Halifax is getting snowed in

◆ Forget Christmas carols ◆ Meaghan Smith's new album, *It Snowed*, brings a bluesy feel to holiday songs

My upbringing was not conducive to include the singing of Christmas songs or decorating the tree.

I enjoyed that the sizzle of my latkes in the frying pan would drown out the ongoing loop of seasonal songs that would com-

mence far too early.

The classics — such as Silver Bells, Little Drummer Boy and Baby It's Cold Outside — I could justify

as great songs, however after their 40th rendition by a buffet of modern singers, that enjoyment dissipated.

Thankfully this season I have Meaghan Smith to turn to. Her latest album *It Snowed* dropped earlier this month.

The Haligonians signature bluesy voice coupled with the tried and true lyrics from these holiday classics creates a refreshing sound.

"I could put whatever sort of twist I wanted to on the songs and I had a lot of fun with that," Smith told me. "I want to reinvent them."

Smith's take on Frank Loesser's *Baby It's Cold Outside* is a testament to her ability to put a new spin on an old duet.

"I had this idea that I wanted to do a duet with someone who doesn't really sing so I came up with

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



Buck 65," Smith said. "He's weird and unique and an amazing

story-telling rapper."

Further pushing this classic into the modern age, Smith reversed the roles, having Buck 65 begin.

"That to me sounded funny and sort of playful. It was a lot more interesting for me to listen to."

The album also includes original tracks such as the title tune, *It Snowed*.

HANDOUT



► Get snowed in with Meaghan Smith.

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SOUND CHECK



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Here's a playlist to commemorate Remembrance Day — beyond the traditional playing of The Last Post

The solemnity of Nov. 11 should never be forgotten. Our thoughts turn to the fallen and to the families they left behind. Here's a playlist of songs that commemorate this day beyond the traditional playing of The Last Post.

Sky Pilot by Eric Burdon and the Animals:

With the Vietnam War at its peak in 1968, the Animals released this seven-and-a-half minute, three-movement song about a chaplain who blesses the troops before they leave on a mission. Although it doesn't feature any obvious anti-war lyrics, the imagery and the era in which it was released have caused it to be categorized as a protest song.

And the Band Played Waltzing Matilda by the Pogues:

Written by an Australian singer-songwriter named Eric Bogle in 1971, the song tells the story of the Battle of Gallipoli during WWI through the eyes of a young Aussie soldier. There are many covers of this song but none are as moving as the Pogues version found on the Rum, Sodomy & the Lash album.

Brothers in Arms by Dire Straits:

The title track of their 1985 album closes the record and was the follow-up single to Money for Nothing. It doesn't mention any war by name, but many believe it has to do with the Falklands War,

which was fought between the U.K. and Argentina a few years earlier.

Remembrance Day by Bryan Adams:

In early 1986, Adams and songwriting partner Jim Vallance wrote this song during the sessions for the

Into the Fire album. In 1988, the Canadian Ministry of National Defense asked to use the song in a video production that's still played in schools across the country.

Hero of War by Rise Against:

This is the one acoustic

song from the Appeal to Reason album from 2008. Singer Tim McIlrath wrote it while trying to imagine an Iraqi war vet looking back on his experiences.

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- Cobra Starship - You Make Me Feel

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A Fling to remember

► New album from The Flings reveals tight harmonies

The tight harmonies on What I've Seen, the brand-new EP from The Flings, may be the result of two of the singers being brothers, and that they grew up on Lennon and McCartney.

"My dad is in a Beatles cover band," reveals singer and bassist Graham Lovelis, who formed the band with his older brother, singer and guitarist Dustin, in Long Beach, Calif.

But Lovelis indicates that there might be another rea-



► The Flings

son for the perfect blending of voices in their psychedelic sound. The band recently went from a situation where the Lovelis brothers wrote all of the songs to one where everyone works

on the composition process together. "It seems like a fluke that we have four people who sing in the perfect range and don't really have to try," he says.

● PAT HEALY

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Life as a 'hot Latin woman'

► Beautiful Sofia Vergara happy to represent Colombia in her role on *Modern Family*



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METRO WORLD NEWS IN HOLLYWOOD

While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on *Modern Family*.

It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet.

"As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia featured in the show?

I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a reality, what can we do? We just have to laugh about it. You know, the country has changed. It's not like that's happening in Colombia right now, thank God. So I don't get offended at all. I think it's hilarious. I think it's funny.

There aren't a lot of Colombian icons in the U.S. Do you feel like you're filling that role?

Well, I love it because there's not a lot of known actresses. I mean, we have Shakira, who is one of the biggest singers right now. She's from Barranquilla, my hometown. But there

was nobody on national TV or like a known household name, and for me it's been amazing to represent Colombia — you know, to not only represent me as a Colombian actress, but with the show that I'm able to show a little bit of Colombia, not only the stereotyping things about the bad things, the mafia, whatever, but also like the food or the real essence of the personality of a Colombian person.

So you like what the writers have done with Gloria?

For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried — "How are they going to know how a Latin woman thinks?" They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Do you have any idea what's coming up for Gloria this season?

You don't really know because every episode is a little story, so they don't need to write the thread out until the end. I know what we have filmed these past two months. There's a lot of jealousy between Gloria and Stella the dog. That's the main drama in her life right now, the dog. She hates the dog. And also a little bit of jealousy because of Manny's romantic life.



► Sofia Vergara says she often gets mistaken for her son's sister.

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Sit. Stay. Relax.

How does Gloria's relationship with Manny compare to your relationship with your own son?

It's very similar. I mean, my son is older now — he's 20 years old. But it's very similar. He was always like an

old soul. It's funny because sometimes I'll watch my show with my son and he just looks at me like, "Did you tell them that?" I love when (people think) he's my brother. He hates it, he wants to throw up in front

of the people. Like for example if I'm with him and somebody says, "Oh, tell your sister to come," and I don't say anything, I don't correct them, he's like, "Tell them! Tell them you're my mother!"

TV Picks



► Denis Leary stars in *Rescue Me*.

Remembering our troops

WAR. As part of its Remembrance Day coverage on Friday, Canada's public broadcaster presents the one-hour special *Remembering Afghanistan*, which explores how Canadians will look back on the war there. Peter Mansbridge hosts. (CBC)

Emma Stone, Coldplay set for SNL

GUESTS. Hollywood darling Emma Stone guests on *Saturday Night Live* for a second time. The engaging star of *Easy A* and *The Help* first hosted just over a year ago. Saturday's musical guest is Coldplay, which is topping the charts these days with its new album *Mylo Xyloto*. (NBC)

Say goodbye to *Rescue Me*

FINALE. The flame goes out on *Rescue Me* Sunday.

This Season 7 finale marks the end of the series, about the struggles of a New York City firefighter (Denis Leary) in a post-9-11 world. The final episode trails the aftermath of an arson fire that led to the collapse of a warehouse and the death of a colleague. Amid the tragedy, Tommy (Leary) and his friends ponder their professional and personal futures. (Showcase)

THE CANADIAN PRESS

Message to Prince Harry: No 'fornicating'

Prince Harry has moved on to Gila Bend, Ariz., for the final leg of his helicopter training in the U.S. — and his reputation has apparently preceded him.

"We have some very pretty girls here," Gila Bend Mayor Ron Henry tells the Daily Mail.

"Some of the dads won't take too kindly to a

prince fornicating the night away and drinking into the small hours. It is a very quiet town with a lot of good Christian people. This isn't a party

town."

The town boasts 1,700 residents, one bar and a motel built to look like a spaceship.

● METRO

We already new this, Arquette

Though they've yet to file for divorce more than a year after separating, David Arquette says his marriage to Courteney Cox is definitely over.

When pressed by Howard Stern during a radio interview if he would break up with new girlfriend Christina McLarty and move back in with Cox if she asked, Arquette gave a simple "no."

And while Stern has previously gotten plenty of information out of Arquette, the recent *Dancing with the Stars* contestant is looking to stay more tightlipped going forward. "I'm trying to keep my personal life personal," he says. "It's very hard for me because I'm a very honest person." ● METRO



▶ David Arquette

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Move over Valerie Bertinelli

▶ Mariah Carey adds some stardom to Jenny Craig

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Jenny Craig attracts, let's say, "mid-level" household names to be their spokespeople. Sara Rue, Valerie

Bertinelli, Phylicia Rashad and Jason Alexander are among those C-listers who have been paid handsomely to shill the weight-loss company.

But they must have paid buckets of cash to afford their latest spokesperson, Mariah Carey.

The company's big celeb was revealed Wednesday at New York City's Four Seasons. Carey arrived 20 minutes late to the conference and was escorted all the way to the stage for what we thought would be to take questions from reporters, which is why we were there. Instead, she was just interviewed by Gayle King about her involvement with Jenny Craig, which, by the way, is now just called Jenny.

Carey says she started Jenny in July and has lost 30 pounds so far. She told King she was approached by three different weight loss companies while pregnant but picked Jenny because she clicked with the people and liked their partnership with the American Heart Association.

"Some other suitors have great money, have great whatever it is that their concepts are, (but) I didn't really connect with the people, and this was only over the phone at first. The first time I spoke with the executives at Jenny it was like we really clicked in terms of the fact that they had a vision beyond weight loss."



▶ Mariah Carey

We also learned about Carey's love of business calls while in the bathtub.

"Like all day every day when I was pregnant (I was) in the bath, with a towel, seriously, doing business calls, talking to lawyers with water splashing," she revealed.

"(My trainer) Bernardo and I were doing exercises mainly in the water."

As she demo-ed some of her aquatic moves, she made sure to look good in the process: "Let me do it more elegantly for the photo — please don't get a bad angle."

And P.S. Yes, there was a towel in the bathtub. Carey says that she was so embarrassed by her pregnant body that she never went naked.

Anywhere. "I was never nude. I had a towel on in the tub, I had clothing on in the tub," she told King. "I'm not lying, I promise you. You think I would let Nick see me looking rancid like that?"

Rancid? One thing for sure, Mariah Carey will not become the spokeswoman for Earth Mothers International anytime soon.

Celebrity tweets



so this past week and even today every rumor and lie about me possible has been coming out in the press. Just need to ignore it.



@justinbieber

@NathanFillion

I am determined to find out what @jimmy-fallon smells like. A few guesses: Cotton Candy Old Spice Old cotton candy, spiced.



@SethMacFarlane

I can't buy the Superfriends. The "super" part is believable, but no way they're genuinely friends.



@mindykaling



I think I'm excited for Jack & Jill because it seems like one of those movie parody trailers from *Tropic Thunder*

Simpson keeps on backtracking

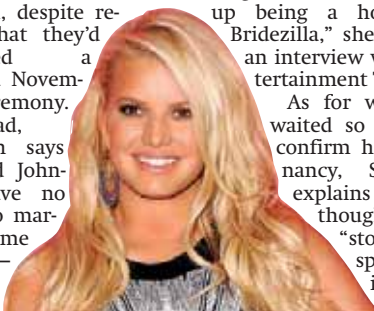
Jessica Simpson insists that there was never any wedding date set in stone for her and fiancé Eric Johnson, despite reports that they'd cancelled a November ceremony.

Instead, Simpson says she and Johnson have no plans to marry anytime soon — and they'll

at least be waiting until after she gives birth, as she wants to wait until "everything is over so I don't end up being a hormonal Bridezilla," she says in

an interview with Entertainment Tonight.

As for why she waited so long to confirm her pregnancy, Simpson explains that she thought her "stomach spoke for itself."



● METRO

The school girl goes to work

► Revisit school uniform staples, such as the necktie, A-line skirt and classic satchel, to build a retro look for work the same way this stylish Londoner did here

Remix her style



► Name: Amy Marks
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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:

Have YOU been wearing a poppy this week?

Tweet me a pic! Fab fashion statement AND an important way to remember our heroic war veterans.



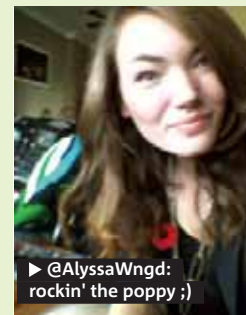
► My poppy pin purchased in Paris a few seasons back.

► @shopwithrobin: Love YOUR poppy brooch you were wearing on @CP24 yesterday Jeanne!

► @JFra10: I have! Been wearing it around FIT campus in NYC and have received many questions what it's for #proudcn #honour-thevets

► @Jeanne_Beker: Cool! Who knew poppies had the power to become iconic CANADIAN style statements?

► @JFra10: who knew! It's nice to come across unique Canadian customs when living in the States!



► @AlyssaWngd: rockin' the poppy ;)

► @Jeanne_Beker: LOVE it!! xx

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Go ahead, get benched — in style, of course

Rolling storage bench

- 1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.
- 2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.
- 3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the

plywood lid and cut the foam to size with a utility knife or electric knife.

- 4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the process with your fabric.

- 5 With the fabric facedown on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around

the edges of the lid, pulling the fabric taut and stapling as you go.

- 6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.
- 7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges, which will keep the top from sliding or slamming down on small fingers.

EXCERPTED FROM DESIGN SPONGE
AT HOME BY GRACE BONNEY

DIY IDEAS

JOHNNY MILLER

Materials:

- Old box
- Casters and mounting
- screws, screwdriver
- Measuring tape or ruler
- Midweight plywood (for lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam for a comfy seat)
- Box cutter or electric knife, batting and scissors
- Fabric, staple gun and staples, hinges (optional)

Cost: \$40
Time: 2 hours
Difficulty: ●●●●●



► Find this surprisingly easy project and more in Bonney's book Design Sponge at Home.

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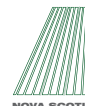
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Dear Charles the butler,
We recently purchased a
Natuzzi sofa in beige microfibre. Unfortunately our
cat vomited on it twice.

**Are there any chemicals
that would clean it?**
Maria

Hello Maria,
Remember that every
stain revolves around
three things: speed, clean-
ing agent and technique.

Speed

I assume you tried to take
as much of the vomit's
"volume" off the coach
before anything else. A
spatula or soft plastic
spoon is ideal for this

Cleaning agent

In a large bowl, mix 2 cups
of warm water, 1 tbsp of
table salt, ½ cup white
vinegar, 1 tbsp clear dish
soap and 2 tbsp rubbing
alcohol. Mix well.

Technique

Dip a sponge into the solu-
tion. Press into the vomit
stain. Don't rub in the so-
lution. Apply to the stain
and absorb the moisture.

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Canadian writer Natal-
ie MacLean's just re-
leased new title —
Unquenchable: A Tipsy
Quest For The World's
Best Bargain Wines
(Doubleday Canada,
\$29.95) — is a smart,
fast-paced chronicle of
her adventures looking
for cheap vino and
meeting industry
celebs along the way.

Arguably the biggest
name is Peter Gago,
chief winemaker at
Australia's Penfolds
and the current "custo-
dian" of Down Under's
most prestigious red
wine: Grange.

I had a chance to
hang out with Gago
and taste a selection of
Grange from some of
the wine's most stellar
vintages. While that
was a once in a lifetime
experience, drinking
Penfolds' wines doesn't
mean taking out a sec-
ond mortgage.

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PRESIDENT'S CHOICE BLACK LABEL



► This recipe serves six.

Preparation:

1 In a saucepan, cook pas-
ta 7-9 mins or until ten-
der but firm. Drain.

2 In frying pan, heat oil
over medium heat; cook
shallots, minced garlic
and hot pepper flakes 2-
3 mins. Stir in Whole
Yellow Tomatoes and

juices, basil, parsley, tar-
ragon, salt and pepper.
Bring to a simmer; cook
2-3 mins.

3 Add drained pasta to
sauce; stir to combine.
Transfer to serving bowl;
sprinkle with cheese
and serve. **PRESIDENT'S
CHOICE BLACK LABEL**

Ingredients:

- 4 cups (1 L) PC black label
Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped
shallots
- 2 tsp (10 mL) garlic
- ¼ tsp (1 mL) hot pepper
flakes
- 1 can (400 mL) PC black la-

- bel Whole Yellow Tomatoes,
chopped
- ¼ cup (50 mL) sfresh basil
- 2 tbsp (25 mL) each
chopped fresh Italian pars-
ley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled
PC Soft Unripened Goat's
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MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen “a good arm’s length away” from your eyes and at a downward angle. As well, he suggests the “20-20” rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. “When you stare at the screen, you don’t blink,” he says. “Your eyes try to compensate by watering,



ISTOCKPHOTO/THINKSTOCK

and this dries them out and can damage the surface of the eye.”

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

—*Pauline Anderson*

ENJOY GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.



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IT'S EASY BUYING EYEGLASSES AND CONTACTS ONLINE

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, "just head to our site and browse for your perfect pair of frames," says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. "You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription,

VIRTUAL LENSES



choose your lens, and check out."

The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca "virtual mirror" and getting her friends to comment on how each pair looks after send-

ing them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. "Our goal is to get your glasses to you in less than five business days, but have been known to

surprise people with next-day delivery," says Taylor-Mitchell. She adds that free shipping is also currently available for orders over \$99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

— Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

"We believe that everyone has the right to clear vision and we want to help make this right a reality," explains Hardy.

"Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life."

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

Once merely functional, eyeglasses are now a fashion staple. "Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit," says Erin Taylor-Mitchell of ClearlyContacts.ca. "The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this."

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as *Mad Men* and *Pan Am*.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to



match different outfits is also the rage. "Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs," says Taylor-Mitchell. "With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?"

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. "We believe that glasses are an extension of who you are," says Taylor-Mitchell. "Glasses are the first thing people see, which is why it's so important to live your style and personality through them."

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed \$180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.





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FOR YOUR EYES ONLY

CUSTOMER SATISFACTION PRIMARY OBJECTIVE FOR VOGUE OPTICAL

With 18 locations in Nova Scotia, an abundance of locations isn't the only reason to choose Vogue Optical for eyewear.

"We have our own lab in Charlottetown that does our lenses for all of our stores in Canada," says operations manager Juanita Leary.

This means the work is helping to support the local economy. Vogue Optical is an Atlantic Canadian company that first started in Charlottetown 32 years ago.

At its lab, Vogue Optical has state-of-the-art equipment, including its anti-reflective coating lab, which helps to reduce reflections, thus making the eyes look more natural and reduce eye strain and fatigue.

By doing the work in-house, it ensures the lenses meet Vogue Optical's stringent quality standards.

At Vogue Optical, customer satisfaction is the primary objective.

"Customer service is everything," says Leary. "We constantly train our people and have training programs and staff meetings about customer service."

To ensure the customer is satisfied, Vogue Optical offers solid guarantees to its clients.

"We back all of our frames with a two-year unconditional guarantee, so no matter what happens to them, we replace them," says Leary. "All of our coated lenses are

IMPORTANCE OF REGULAR TESTS

Juanita Leary, the operations manager for Vogue Optical, recommends getting an eye exam done every two years.

"Seeing an optometrist for your eye exam is crucial," she says. "I can't stress that enough."

Eye tests are important for reasons that go beyond vision. A proper eye exam can discover many medical conditions, such as brain tumours, high blood pressure, glaucoma and cataracts.

guaranteed for two years against breakage, defects and scratches. The only thing you can't do is lose them."

In today's age, where it is possible to purchase anything from the Internet, eyewear is one thing that shouldn't be.

"It's more than just a pair of glasses," notes Leary.

A pair of glasses that doesn't fit right could result in headaches, eye strain and blurred vision.

At Vogue Optical, their licensed opticians ensure the glasses are the right fit for the individual and highly trained opticians ensure the lens is a perfect match for the individual's needs.

"They are making sure that the measurements are taken right and that the lenses fit your eyes based on the prescription the doctor wrote for you," says Leary.

ARRANGE YOUR EYE EXAM TODAY!

It is recommended that you have an eye exam at least once every two years. Eye exams not only detect eye problems, but other serious conditions such as high blood pressure and diabetes.

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LOOKING AT DIGITAL TECHNOLOGY

SPECIALISTS ABLE TO DIAGNOSE EYE CONDITIONS WITH NEW TOOLS

More and more, eye specialists use digital technology to diagnose eye conditions at an earlier stage, and to monitor their progress, says optometrist Joe Chan.

For example, this technology makes it easier to detect nerve damage at the back of the eye, which is a hallmark of glaucoma. "You can tell if there's a loss of nerve tissue down to the nanometer," Chan says.

Digital technology is also used to make progressive lenses (the ones with no discernable line between distance and close up) that minimize distortion. Computerized equipment customizes lenses by grinding them to the exact shape required, factoring in parameters such as where the lens sits on the face and the size of the frames.

"Digital technology has been able to widen the usable area for reading and for distance," says Chan, adding that you are less likely to have peripheral distortion with a lens that was manufactured using digital technology.

For eyeglasses, the protective coat-



ONTARIO ASSOCIATION OF OPTOMETRISTS

ing on the lenses is constantly changing, says Samuel N. Markowitz, a Toronto ophthalmologist. "There are new materials, new features, that correct the glare or improve the contrast all the time, and they're being improved every year."

These days, many soft contact lenses contain silicone, which makes them more permeable, allowing oxygen into

the eye, and providing more protection for the cornea, says Chan. "Sometimes patients are better able to tolerate these newer lenses," he says.

While disposable contact lenses have been on the market for some time, they are becoming increasingly popular because of their convenience, says Chan.

Down the road, contact lenses may

be used to help treat eye disorders. The idea is to have them slowly emit medications — for example, antibacterials for infections and antihistamines for allergies — right onto the eye. They would be ideal for older patients with, say, glaucoma, who have difficulty putting drops in their eyes. These contacts, says Chan, "are on the books" but not yet on the market. — *Pauline Anderson*

DRY EYES MAY BE MORE THAN A NUISANCE

They say the eyes are the gateway to the soul. They hold emotion, help us navigate our environment and are vital in our everyday. But, for many Canadians, dry eyes can be the source of a lot of discomfort and a reduced enjoyment of life.

Have you ever experienced itchy, stinging, or painful eyes? These symptoms could be more than just a nuisance; they may be the result of Dry Eye disease. Dry Eye disease is a condition

where the eyes do not produce the right quantity or quality of tears. However, the effect of chronic Dry Eye disease is more than just a lack of tears and moisture. It can leave people at risk for more serious problems, including impaired vision and an increased risk of eye infection, and seriously affect their quality of life.

Symptoms of Dry Eye can vary greatly from one person to the next, often fluctuating throughout the day, usually

becoming worse later in the day. The severity of the symptoms can also range.

If you are experiencing any of these symptoms and feel they are beginning to affect your quality of life, an eye care professional (ophthalmologist or optometrist) can check for the signs and symptoms of Dry Eye.

To learn more about Dry Eye disease, speak with your eye care professional or visit nomoredryeye.ca. — *News Canada*

COMMON SYMPTOMS

Here are common symptoms of Dry Eye: Achiness; blurry (fluctuating) vision; burning; dryness; discomfort (irritation); foreign body sensation (sandy or gravel sensation); grittiness; itching; pain; sensitivity to light; eye redness; scratchiness; soreness; sticky tears; stinging; swollen, red eyelids; watery eyes (including over-watery eyes); tired eye.



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FIFTH-YEAR DALHOUSIE TIGERS SOCCER KEEPER BEN UR OF HALIFAX WAS NAMED A FIRST-TEAM ALL-CANADIAN ON WEDNESDAY. CAPE BRETON CAPERS STRIKER IAN GREEDY OF LOWER SACKVILLE AND SAINT MARY'S HUSKIES DEFENDER RORY KENNEDY OF HALIFAX MADE THE SECOND TEAM. IN WOMEN'S, DAL MID-FIELDER RIEKA SANTILLI AND SAINT MARY'S DEFENDER KELLY BURGESS MADE THE FIRST TEAM.

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Rainmen add more NBA talent, say 'no panic'

Owner Andre Levingston says Halifax Rainmen fans have absolutely nothing to worry about after a sluggish start. His team can validate that confidence with two big home games at the Metro Centre.

The Rainmen lost their first two games of the National Basketball League of Canada season, both to the London Lightning last

week, and face the Moncton Miracles on Thursday at 7 p.m. and the Summerside Storm on Sunday at 2 p.m.

Further complicating matters, the team is without a starting centre after releasing DeAndre Thomas for an off-court locker-room incident.

"At the end of the day, yes, we're 0-2, but I'm not bothered by it at all," Le-



► Orien Green with the Boston Celtics in 2005-06.

vingston said. "We're still going to be right there in the hunt when it's all said and

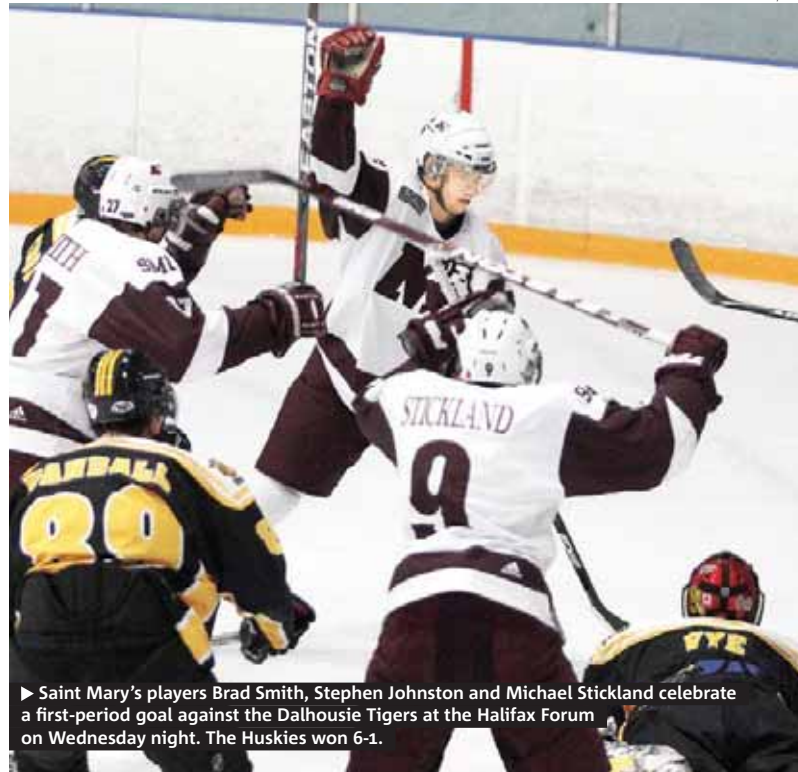
done. We're going to be just fine. So no panic. No reason to panic."

While the Rainmen are still looking for a centre to replace Thomas, they beefed up their lineup late Wednesday by signing former Boston Celtics guard Orien Green, who played three games last season with the New Jersey Nets and has 131 games of NBA

experience. They also inked guard and former Atlanta Hawks signee Richard Delk.

"I'm excited to have them both," Levingston said. "It gives us two guys who can break you down off the dribble and it gives us two athletic guys with size and length. We're looking forward to both of these guys playing (on Thursday)." **MATTHEW WUEST**

Dal's 'rough ride' continues



► Saint Mary's players Brad Smith, Stephen Johnston and Michael Stickland celebrate a first-period goal against the Dalhousie Tigers at the Halifax Forum on Wednesday night. The Huskies won 6-1.

► Last-place Tigers lit up by Huskies in third period ► Saint Mary's (5-4) improves to third in AUS with win



MATTHEW WUEST
@METRONEWS.CA

The Dalhousie Tigers thought they were out of the basement for good. But a third of the way through the Atlantic University Sport men's hockey season, they're right back where they started.

The Tigers, whose rebuild took a big step forward last season when they ended a six-year playoff drought, saw their brutal losing streak stretch to six games on Wednesday night with a 6-1 loss to the Saint Mary's Huskies at the Forum.

The Tigers, last in the AUS with a 2-7 record, trailed just 2-1 in the third, but melted down and surrendered four goals in the final 11 minutes.

"It's been a rough ride so

far," said Tigers sniper Benjamin Breault. "We started not too bad, being .500 after two weekends, but we've been hit pretty hard by injuries ... It's been hurting us, especially in the second and third periods, where we seem to break down."

With goalie Bobby Nadeau injured along with five regular forwards, Dal has allowed an average 6.5 goals against during the losing streak and scored just 1.3.

Head coach Pete Beliveau said "guys are just squeezing their sticks" and conceded time is running short for the Tigers to "put some wins together."

"We've got to be able to win some games against some good teams to stay in a playoff position," Breault added. "Hopefully we can get back on track as soon as possible."

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Mooseheads still on radar for CHL top-10

The Halifax Mooseheads remain on the cusp of the Canadian Hockey League's top-10 ranking heading in to a big weekend.

For the second straight week, the Mooseheads found themselves one of three teams on the CHL's honourable mention list when the weekly top-10 ranking was released on Wednesday.

Four QMJHL teams are on the list, led by the Saint John Sea Dogs (16-6) at No. 2 followed by the Victoriaville Tigres (fourth), Quebec Remparts (seventh) and Shawinigan Cataractes (10th).

The Mooseheads, 13-5-1 and 10-1-1 in their past 12, host the Baie-Comeau Drakkar (11-8) on Friday at 7 p.m. They head on the road on Saturday for a statement-making opportunity against the Sea Dogs at 7 p.m.

A win against Saint John would not only narrow the Sea Dogs' five-point cushion atop the Maritime Division, it could help move the Mooseheads into the top-10 ranking for the first time since 2007-08.

The Ontario Hockey League's London Knights (15-2-1) held down the No. 1 ranking.

● **MATTHEW WUEST**

Q drops 2nd game to Russia

Team QMJHL went zero-for-two against Russia in the annual Subway Super Series.

Russia earned a 5-4 shootout victory over a team of QMJHL under-20 all-stars on Wednesday night in Quebec City, despite a hat trick from Bathurst Titan forward Matthew Bissonnette.

Mooseheads forward Nathan MacKinnon was held off the score-sheet and was stopped in the shootout.

Russia also won 2-0 on Monday in Victoriaville, Que. ● **METRO**

Dal women top Acadia

Anna von Maltzhan and Courtney Thompson each had 16 points as the Dalhousie Tigers women's basketball team opened the season with a 76-60 win over the Acadia Axewomen at Dalplex on Wednesday.

Dal, coming off a 5-15 season, also received 12-point efforts from Keisha Brown, Cailin Crosby and Tessa Stammberger.

Dal's men fell 71-68 to Acadia despite a one-point lead at half-time. Robert Nortmann led the Tigers with 17 points. ● **METRO**

Huskies looking great with 8 all-stars

Eight members of the Saint Mary's Huskies have earned spots on the Atlantic University Sport football all-star team.

The Huskies, who are vying for their fifth straight conference title on Saturday at 1 p.m. against the Acadia Axemen in Wolfville, placed fifth-year running back Craig Leger, fourth-year receiver Ryan Tremblay and third-year guard Guillaume Gagnier on the offensive squad.

Fourth-year defensive end Rob Jubenville, third-year safety Neil King and rookie cornerback Kayin Marchand-Wright cracked the defensive team.

On special teams, it was second-year kicker Brett Lauther and fourth-year returner Jahmeek Taylor, last year's MVP, getting the nod.

Other notables included Acadia receiver Mike Squires of Halifax and Mount Allison Mounties defensive tackle Jacob Leblanc of Halifax. The Axemen placed 12 players on the all-star team. ● **METRO**

No comment from Crosby on return

► Pens star shows signs he's growing tired of speculation

Contact update

Sidney Crosby has absorbed a moderate amount of contact, but still hasn't received medical clearance to play.

Crosby's hardest hit on Wednesday may have come from fellow star Evgeni Malkin while the Penguins captain was skating on a line with Matt Cooke and Pascal Dupuis.

tive date in sight as he recovers from a concussion.

Asked about possible linemates when Crosby does return, coach Dan Bylsma said, "There's no timetable, no date yet for his return. We haven't got-

ten to that thought process yet."

And Crosby hasn't reached the point yet where he can play.

Crosby, normally accommodating with the media, was a bit testy as he declined to talk with reporters, a possible sign he is growing weary of the constant speculation. Crosby also may not talk following Thursday's practice or Friday's morning skate.

On Monday, Crosby said it was a "possibility" he might play as early as Friday against the Dallas Stars. It was the first time this season that Crosby hadn't declined to rule himself out of the Penguins' next game.

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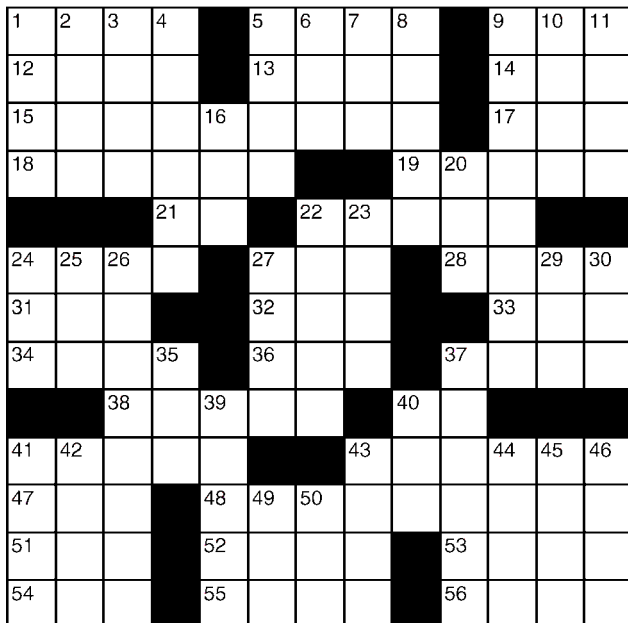
Crossword

Across

1 Hardly hirsute
5 Teeny bit
9 Frat-party item
12 Reed instrument
13 Unembellished
14 A Gabor sister
15 Prop in a Gidget movie
17 Shrill bark
18 Takes the helm
19 Saunter
21 Opposite of 30-Down
22 Crooner Iglesias
24 Not barefoot
27 Anderson's "High —"
28 Frilly
31 Debtor's letters
32 Towel designation
33 Fish eggs
34 Legend
36 "Characters Welcome" network
37 Probability
38 Pop
40 Hairstyle
41 Boston newspaper
43 Plant of the mint family
47 Grazing area
48 Pub target
51 Listener
52 Notion
53 Pleased
54 Conclusion
55 Under the influence
56 Longings

Down

1 Employer
2 Touch



3 Traditional tales
4 Protect
5 Biblical prophet
6 Afternoon social
7 Bobby of hockey
8 Hero's reward
9 QWERTY, for one
10 Satanic
11 Stare stupidly
16 Chum
20 Wire measure
22 Beam supporting a ceiling
23 — Major
24 Alastair who played Scrooge

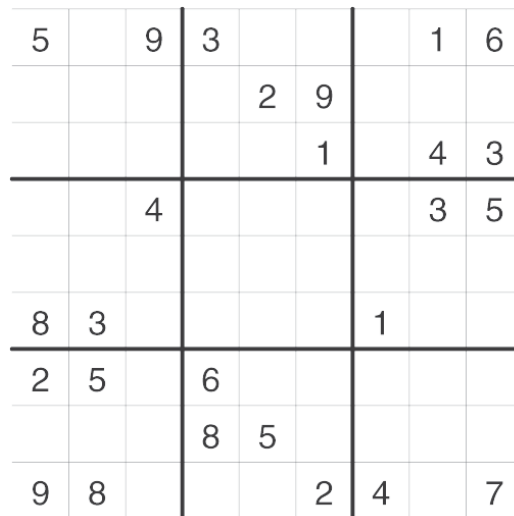
25 Today, in Tijuana
26 Motorboat feature
27 So
29 Massachusetts cape
30 Opposite of 21-Across
35 Center
37 Study of eggs
39 Made over
40 Slight touch
41 Jane Lynch's show
42 Tilt
43 Remain
44 Crooner Jerry
45 Persia, now

46 Tosses in
49 Big bother
50 Agt.

► Yesterday's answer



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1	3	4	7	9	5	2	6	8
7	5	6	2	8	1	4	3	9
3	4	7	5	6	9	1	8	2
6	2	5	1	7	8	9	4	3
9	1	8	3	4	2	7	5	6
8	6	2	9	5	4	3	7	1
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ON DIT KOI :)

Today's horoscope

♈ **Aries** March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ **Taurus** April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ **Gemini** May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ **Cancer** June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ **Leo** July 23-Aug. 23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ **Virgo** Aug. 24-Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ **Libra** Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ **Scorpio** Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ **Sagittarius** Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ **Capricorn** Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ **Aquarius** Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ **Pisces** Feb. 19-March 20. If you pick a fight today, it is you who will come out of it the worse for wear.

♈ **SALLY BROMPTON**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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